

IMPACT OF TAICHI ON INDEPENDENT ACTIVITIES OF DAILY LIVING OF ADULTS WITH SCHIZOPHRENIA: PRELIMINARY RESULTS FROM A RANDOMISED CONTROLLED TRIAL

RTH HO¹, JCY SIU², AHY WAN², SYT TAM², CPK WONG³, K WONG³, FSW AU-YEUNG³

¹ Centre on Behavioral Health, The University of Hong Kong, Hong Kong SAR, China

² Department of Social Work and Social Administration, Centre on Behavioral Health, The University of Hong Kong, Hong Kong SAR, China

³ Hong Kong Sheng Kung Hui, The Providence Garden for Rehabilitation, Hong Kong SAR, China

BACKGROUND: The maintenance of instrumental daily functioning has long been recognised as the focus of psychosocial care for people with schizophrenia,¹ and evidence of the efficacy of mind-body treatment methods was well-documented.² The purpose of this study was to assess the impact of Taichi exercise, a Chinese form of mind-body exercise, on self-care ability of adults with chronic schizophrenia.

METHODS: A total of 57 adults, aged 24 to 66 years (mean, 52.51; standard deviation, 9.68 years), with chronic schizophrenia were invited to participate in a randomized controlled trial composing of Taichi Group (n = 29) and treatment-as-usual control group (n = 28). Independent living ability is indexed by the Chinese version of the Lawton's Instrumental Activities of Daily Living (IADL). All participants were measured twice on 2 time-points: at baseline and immediate post-intervention.

RESULTS: Significant Time x Group effect on the measurement of instrumental daily living ($F(1, 55)=4.21, p \leq 0.05$) was reported. Both Taichi and control group deteriorated across time (Taichi group: 3.69 vs. 3.28; control group: 3.93 vs. 2.11), yet the control group reported higher degree of deterioration.

CONCLUSIONS: Although deterioration in instrumental self-care ability seemed irreversible for people with schizophrenia, findings of this study highlighted the buffering effect of Taichi exercise against deterioration of instrumental functioning. The findings leaned preliminary support to Taichi exercise as one of the possible psychosocial intervention strategies that might help preserving dignity in the residential healthcare setting.

REFERENCES

1. Aubin G, Stip E, G  linas I, Rainville C, Chapparo C. Daily functioning and information-processing skills among persons with schizophrenia. *Psychiatr Serv* 2009;60:817-22.
2. Paikkatt B, Singh AR, Singh PK, Jahan M. Efficacy of yoga therapy on subjective well-being and basic living skills of patients having chronic schizophrenia. *Ind Psychiatry J* 2012;21:109-14.

ACKNOWLEDGEMENT

The body of work is supported by the Research Grants Council (HKU/744912).